

**Full Report (All Nutrients) 01017, Cheese, cream**

Report Date:September 14, 2015 18:01 EDT

Nutrient values and weights are for edible portion.

**Food Group : Dairy and Egg Products****Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 14.5g	1 cup 232g	1 tbsp, whipped 10g	1 oz 28.35g	1 cubic inch 16g	1 package, small (3 oz) 85g
<b>Proximates</b>										
Water <sup>1</sup>	g	54.44	2	--	7.89	126.30	5.44	15.43	8.71	46.27
Energy	kcal	342	--	--	50	793	34	97	55	291
Energy	kJ	1431	--	--	207	3320	143	406	229	1216
Protein <sup>1</sup>	g	5.93	2	--	0.86	13.76	0.59	1.68	0.95	5.04
Total lipid (fat) <sup>1</sup>	g	34.24	2	--	4.96	79.44	3.42	9.71	5.48	29.10
Ash <sup>1</sup>	g	1.32	2	--	0.19	3.06	0.13	0.37	0.21	1.12
Carbohydrate, by difference	g	4.07	--	--	0.59	9.44	0.41	1.15	0.65	3.46
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total <sup>1</sup>	g	3.21	2	--	0.47	7.45	0.32	0.91	0.51	2.73
Sucrose <sup>1</sup>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) <sup>1</sup>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Fructose <sup>1</sup>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Lactose <sup>1</sup>	g	3.21	2	--	0.47	7.45	0.32	0.91	0.51	2.73
Maltose <sup>1</sup>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Galactose <sup>1</sup>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Starch <sup>1</sup>	g	0.35	2	--	0.05	0.81	0.04	0.10	0.06	0.30
<b>Minerals</b>										
Calcium, Ca <sup>1</sup>	mg	98	2	--	14	227	10	28	16	83
Iron, Fe <sup>1</sup>	mg	0.38	2	--	0.06	0.88	0.04	0.11	0.06	0.32
Magnesium, Mg <sup>1</sup>	mg	9	2	--	1	21	1	3	1	8
Phosphorus, P <sup>1</sup>	mg	106	2	--	15	246	11	30	17	90
Potassium, K <sup>1</sup>	mg	138	2	--	20	320	14	39	22	117

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 14.5g	1 cup 232g	1 tbsp, whipped 10g	1 oz 28.35g	1 cubic inch 16g	1 package, small (3 oz) 85g
Sodium, Na	mg	365	--	--	53	847	36	103	58	310
Zinc, Zn <sup>1</sup>	mg	0.51	2	--	0.07	1.18	0.05	0.14	0.08	0.43
Copper, Cu <sup>1</sup>	mg	0.019	2	--	0.003	0.044	0.002	0.005	0.003	0.016
Manganese, Mn <sup>1</sup>	mg	0.011	2	--	0.002	0.026	0.001	0.003	0.002	0.009
Selenium, Se	µg	2.4	2	--	0.3	5.6	0.2	0.7	0.4	2.0
<b>Vitamins</b>										
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin <sup>1</sup>	mg	0.020	2	--	0.003	0.046	0.002	0.006	0.003	0.017
Riboflavin <sup>1</sup>	mg	0.125	2	--	0.018	0.290	0.012	0.035	0.020	0.106
Niacin <sup>1</sup>	mg	0.145	2	--	0.021	0.336	0.014	0.041	0.023	0.123
Pantothenic acid <sup>1</sup>	mg	0.570	2	--	0.083	1.322	0.057	0.162	0.091	0.484
Vitamin B-6 <sup>1</sup>	mg	0.035	2	--	0.005	0.081	0.004	0.010	0.006	0.030
Folate, total <sup>1</sup>	µg	11	2	--	2	26	1	3	2	9
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	11	2	--	2	26	1	3	2	9
Folate, DFE	µg	11	--	--	2	26	1	3	2	9
Choline, total <sup>2</sup>	mg	27.2	--	--	3.9	63.1	2.7	7.7	4.4	23.1
Betaine <sup>2</sup>	mg	0.7	1	--	0.1	1.6	0.1	0.2	0.1	0.6
Vitamin B-12 <sup>1</sup>	µg	0.25	2	--	0.04	0.58	0.02	0.07	0.04	0.21
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	366	--	--	53	849	37	104	59	311
Retinol	µg	359	--	--	52	833	36	102	57	305
Carotene, beta	µg	88	--	--	13	204	9	25	14	75
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	1343	--	--	195	3116	134	381	215	1142
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.29	--	--	0.04	0.67	0.03	0.08	0.05	0.25
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta <sup>1</sup>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma <sup>1</sup>	mg	0.04	2	--	0.01	0.09	0.00	0.01	0.01	0.03
Tocopherol, delta <sup>1</sup>	mg	0.00	2	--	0.00	0.00	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.6	--	--	0.1	1.4	0.1	0.2	0.1	0.5
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.1	1.4	0.1	0.2	0.1	0.5
Vitamin D	IU	25	--	--	4	58	2	7	4	21
Vitamin K (phylloquinone)	µg	2.9	--	--	0.4	6.7	0.3	0.8	0.5	2.5
<b>Lipids</b>										
Fatty acids, total saturated	g	19.292	--	--	2.797	44.757	1.929	5.469	3.087	16.398
4:0	g	0.998	1	--	0.145	2.315	0.100	0.283	0.160	0.848
6:0	g	0.294	4	0.037	0.043	0.682	0.029	0.083	0.047	0.250
8:0 <sup>1</sup>	g	0.356	2	--	0.052	0.826	0.036	0.101	0.057	0.303
10:0 <sup>1</sup>	g	0.825	2	--	0.120	1.914	0.082	0.234	0.132	0.701
12:0 <sup>1</sup>	g	0.919	2	--	0.133	2.132	0.092	0.261	0.147	0.781
14:0 <sup>1</sup>	g	3.042	2	--	0.441	7.057	0.304	0.862	0.487	2.586
15:0 <sup>1</sup>	g	0.312	2	--	0.045	0.724	0.031	0.088	0.050	0.265
16:0 <sup>1</sup>	g	8.497	2	--	1.232	19.713	0.850	2.409	1.360	7.222
17:0 <sup>1</sup>	g	0.175	2	--	0.025	0.406	0.018	0.050	0.028	0.149
18:0 <sup>1</sup>	g	3.823	2	--	0.554	8.869	0.382	1.084	0.612	3.250
20:0 <sup>1</sup>	g	0.050	2	--	0.007	0.116	0.005	0.014	0.008	0.042
22:0 <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	8.620	--	--	1.250	19.998	0.862	2.444	1.379	7.327
14:1 <sup>1</sup>	g	0.249	2	--	0.036	0.578	0.025	0.071	0.040	0.212
15:1 <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated <sup>1</sup>	g	0.448	2	--	0.065	1.039	0.045	0.127	0.072	0.381
17:1 <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated <sup>1</sup>	g	7.923	2	--	1.149	18.381	0.792	2.246	1.268	6.735
20:1 <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.437	--	--	0.208	3.334	0.144	0.407	0.230	1.221
18:2 undifferentiated <sup>1</sup>	g	1.032	2	--	0.150	2.394	0.103	0.293	0.165	0.877
18:3 undifferentiated <sup>1</sup>	g	0.173	--	--	0.025	0.401	0.017	0.049	0.028	0.147
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.173	2	--	0.025	0.401	0.017	0.049	0.028	0.147
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000

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20:2 n-6 c,c <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated <sup>1</sup>	g	0.058	2	--	0.008	0.135	0.006	0.016	0.009	0.049
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol <sup>1</sup>	mg	110	2	--	16	255	11	31	18	94
<b>Amino Acids</b>										
Tryptophan <sup>1</sup>	g	0.069	--	--	0.010	0.160	0.007	0.020	0.011	0.059
Threonine <sup>1</sup>	g	0.233	--	--	0.034	0.541	0.023	0.066	0.037	0.198
Isoleucine <sup>1</sup>	g	0.324	--	--	0.047	0.752	0.032	0.092	0.052	0.275
Leucine <sup>1</sup>	g	0.657	--	--	0.095	1.524	0.066	0.186	0.105	0.558
Lysine <sup>1</sup>	g	0.567	--	--	0.082	1.315	0.057	0.161	0.091	0.482
Methionine <sup>1</sup>	g	0.191	--	--	0.028	0.443	0.019	0.054	0.031	0.162
Cystine <sup>1</sup>	g	0.042	--	--	0.006	0.097	0.004	0.012	0.007	0.036
Phenylalanine <sup>1</sup>	g	0.291	--	--	0.042	0.675	0.029	0.082	0.047	0.247
Tyrosine <sup>1</sup>	g	0.303	--	--	0.044	0.703	0.030	0.086	0.048	0.258
Valine <sup>1</sup>	g	0.395	--	--	0.057	0.916	0.040	0.112	0.063	0.336
Arginine <sup>1</sup>	g	0.235	--	--	0.034	0.545	0.023	0.067	0.038	0.200
Histidine <sup>1</sup>	g	0.175	--	--	0.025	0.406	0.018	0.050	0.028	0.149
Alanine <sup>1</sup>	g	0.184	--	--	0.027	0.427	0.018	0.052	0.029	0.156
Aspartic acid <sup>1</sup>	g	0.514	--	--	0.075	1.192	0.051	0.146	0.082	0.437
Glutamic acid <sup>1</sup>	g	1.304	--	--	0.189	3.025	0.130	0.370	0.209	1.108
Glycine <sup>1</sup>	g	0.142	--	--	0.021	0.329	0.014	0.040	0.023	0.121
Proline <sup>1</sup>	g	0.665	--	--	0.096	1.543	0.066	0.189	0.106	0.565
Serine <sup>1</sup>	g	0.374	--	--	0.054	0.868	0.037	0.106	0.060	0.318
Hydroxyproline <sup>1</sup>	g	0.000	2	--	0.000	0.000	0.000	0.000	0.000	0.000
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

